

HELP ONE ANOTHER.

"Help one another," the snowflakes said, As they scudded down in their feecy bed; One of us here would quickly melt; But I'll help you and you help me. And then what a big white drift we'll see!

"Help one another," the dewdrop cried, Seeing around drop close to his side; "This warm south breeze would dry me away, And I should be gone by noon today; But I'll help you, and you help me, And we'll make a brook, and run to the sea."

"Help one another," a grain of sand Said to another grain just at hand; "We'll build a mountain, and there we'll stand."

—George F. Hunting, in Lutheran Observer.

Centre County Y. W. C. A. Notes.

The first leaders' meeting of the county Y. W. C. A. was held in Bellefonte, January 12th and 13th. Miss Hawes, of Philadelphia, conducted the discussions and all who were present felt that they had gained a great deal of help from her wide experience, as well as by exchanging ideas.

In the afternoon the first annual meeting of the Centre county Young Women's Christian Association occurred, Miss Anna H. Hoy presiding. There was an attendance of about seventy-five from various localities throughout the county. The opening devotions were in charge of Dr. Wm. K. McKinney, who gave a short and interesting talk.

Reports of the various committees were given. A. S. Fond, chairman of the finance committee, reported that with the money then in hand all bills would be paid to January 1st. Notice was given of the finance campaign to be held in February.

The report of the general secretary was largely in the form of tabular, and talks, by the Bellefonte High school club and others. A Commemorial club was shown in the midst of a business meeting, and beginning a game. This was followed by a talk from a member of a Commemorial club, Miss Margaret Williams, of the True Blue club, Shiloh, who told about their club and why she liked it.

"Why don't you get inside, you bally idiot?" roared the sergeant-major as he came to grief for the sixth time. "I would," growled the angry recruit, "if his mouth was as big as yours!"

—Boston Transcript.

Health Administration In Our Town

The Chautauqua Reading Hour. DR. WILLIAM BYRON FORBUSH, Editor.

Public health can be bought. Will we pay for it? You know how the public health is administered in a good many American towns. In New England the selectmen, in the middle states a representative committee of laymen, are set apart for the purpose. They meet monthly, and they write an annual report, in which they say "The health has never been better in our town than this past year," or "Our town has been visited by an unusual amount of sickness."

How Amateurs Fail. These lay boards of health are usually made up of good men. We would entrust our property with them, for they are honest, or our farm-work, for they are good farmers, or our estate upon death, for they are skilled administrators of affairs.

On Wednesday evening sixty Y. W. C. A. girls of the State College (town) branch attended the union evangelistic services conducted by Gypsy Smith. Snow Shoe and Howard recently held their yearly elections.

Greenback Money Will be Resumed. A new issue of the one and two dollar greenbacks of Civil War days, discontinued more than 30 years ago, will be put into circulation, probably about February 1, displacing similar United States notes of larger denomination to provide relief from the unprecedented demand for small paper money.

Penn State's Baseball Card Announced for Next Season. E. E. LeVan, manager of the Pennsylvania State College baseball team, has announced Penn State's schedule for the coming season. He has arranged three trips and a series of home contests for the Blue and White nine.

He Would, If— He was not much of a horseman; in fact, the only horse he could ride was the wooden one of his nursery days, so small wonder that the rough-riding sergeant-major got exasperated.

A Misnomer. "How much money has my husband in this bank?" "I cannot tell you that, madam." "The idea! Aren't you the teller?" —Boston Transcript.

Just Between Girls. Agnes—No, I would never marry a man to reform him. Ethel—Well, I don't think myself that harsh measures are the best. —Boston Transcript.

For high class Job Work come to the "Watchman" Office.

PUBLIC HEALTH.

Rubbing of sore eyes Dangerous, Dix-on Says.

That the germs causing affection of the eyes, says Dr. Samuel G. Dixon, state health commissioner, in his weekly "Little Talk on Health and Hygiene," can be handed around a community is a fact, although not one generally understood. Doctor Dixon points out that the man on his way to the hospital may rub his eyes and leave germs capable of transmitting his affection upon a street car rail.

DOCTOR KRUSEN URGES CARE OF BABIES' EYES. Many Cases of Blindness Due to Neglect at Birth, He Points Out. All possible care should be exercised by parents to prevent what is commonly known as "sore eyes" in babies.

Our Town Needs an Expert. Every community needs a full-time health officer. As a walled town in time of war has its watchmen ever on guard, so a town, being continually subject to the siege of sickness, needs its trained and experienced watchman.

How to Get Full Protection. The force of a well-administered local health office should consist of at least four persons: The administrator in charge of the whole health campaign of the town, the analyst in charge of the laboratory, the inspector who watches the food and drink supplies, the sources of infection and the cases of contagion, and the visiting nurse who co-operates with the school authorities and follows up cases of illness, and who represents the office particularly before the women and children of the community.

Pa's Definition. "Pa, what is meant by the 'psychological moment'?" "What you mean by your mother ask me to check, son?" "Oh, yes, pa."

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FOR AND ABOUT WOMEN.

DAILY THOUGHT

To be truly happy is a question of how we begin and not of how we end, of what we want and not of what we have. — Stevenson. Just add a banu of fur. If it isn't made of fur it is trimmed with fur. Never was there such a season for the using of odd bits of fur as the making over of fur coats quite out of style, the cutting down of shabby muffs and neckpieces to proportions from which the shabbiness has been eliminated.

Angora wool, knitted by hand or machine woven, is another material that is fur trimmed and made into very delectable neckpiece, muff and hat sets, not only for sports wear but for ordinary street wear as well. As for velvets, silks and fine cloths joined with fur to make the little things of the winter costume, there is no end to them.

Whole hats of fur, relieved only by single ornament or slight trimming, are more plentiful and more varied than usual, and first place is perhaps given to the tall crowned, brimless shapes of the Cossack and Hussar types. These are trying but immensely chic when becoming, and for the woman who cannot wear them there are plenty of other things less severe.

The much-exploited берет is, of course, shown in fur, and there are many fur hats that, like the velvets, have brims clasping the head closely, and flaring out at audacious angles as they slant upward.

Muffs are of assorted shapes and sizes. Long scarfs, short scarfs, wide scarfs, narrow scarfs, all are permissible in fur or in other material fur trimmed.

New patent leather shoes, rubbed all over with a little vaseline put on with a piece of soft flannel and polished, will never crack. Patent leather should be kept in a warm, dry place, and should not be worn on wet days.

Three large buttons fasten many of the handsome top coats. Dark blue and gray is one of the season's combinations. A gray doveskin "trotter" suit has white suede trimmings.

Fabric gloves are worn a great deal, except for formal occasions. The long loose sleeves known as angel sleeves are coming in again. Veils of coarse dark tulle are heavily embroidered in white or gray.

A slender woman can follow almost any fashion and look right in it. Many of the best looking dresses for small girls are fashioned on middie lines. If you are so fortunate as to own a Paisley shawl, make it into an evening wrap.

FARM NOTES.

In counting the profit from geese, one should keep in mind that the cost of housing is very much less than in the case of hens. All that is required is a sleeping place that is tight on three sides and provided with plenty of dry litter. Vigorous geese will spend most of their time in their outside runs.

All over the country the discussion of the best means of picking the layers is going on, and nearly every day something is being added to the various means of making an intelligent selection of the best layers without going through the operation of trap-setting. At the "All-Northwest" egg laying contest to take place at Pullman, Washington, there will be an examination made of all the 1,200 hens entered in the contest by Mr. Hogan, a California poultryman, who lays claim to being able to pick the best layers by merely handling the hens. A record will be made of the result of each hen examined by Mr. Hogan. Then, at the conclusion of the contest, the public will be able to learn just what the opinion of this specialist amounts to in regard to being able to pick the best layers. Mr. Hogan's system of picking the layers by handling them has come to be known as "Hoganizing" the hens.—Farm and Fireside.

Instead of letting the chickens, ducks, and geese remain on range when finishing them for the market, place them in a well-ventilated, slatted coop where they will be dry and comfortable and yet have plenty of air. Place troughs outside the slatted coops where the chickens can reach conveniently, and try a ration of 60 pounds corn meal, 40 pounds wheat middlings, 5 pounds fine beef scraps, moistened with skimmed milk or buttermilk in the proportion of one and one-half pounds of milk to one pound of the dry feed. The best results have been secured by feeding this ration twice a day, all the chickens will be cleaned up in from twenty to twenty-five minutes. From two weeks to eighteen days of this ration feeding is all that is generally found profitable. Good vigorous stock will put on a pound of gain with this ration under the right conditions, at a cost of about five and one-half cents a pound. Of course, plenty of fresh water should be in reach of the crated poultry.

To preserve the heat derived from the bodies of the animals, and at the same time remove the impurities, the King system of ventilation is to be recommended. That consists in allowing 500 to 1000 cubic feet of space for each animal, and making provision for a change of air at the rate of 3000 cubic feet per hour for each animal, bringing in the fresh air from the ceiling and removing the cold air from the bottom of the stable. Plenty of windows should be provided. Sunlight is a disinfectant, and acts as an invigorator and a tonic. Light in the stable facilitates work, and by showing up the dirt is a stimulus to cleanliness. It is suggested that three square feet of window glass be provided for each animal. Windows should be placed on both sides of the stable, and the number can scarcely be too great. Each individual in the herd must be healthy, and any animal suffering from a constitutional disease should be gotten rid of. This disease is most common to dairy animals is tuberculosis.

Wholesome milk cannot be produced from sick or ailing cows. It is therefore important that the dairyman secure a healthy herd and provide conditions for maintaining them in the proper manner. In the stable there must be good ventilation to insure proper health and vigor of the herd. Oxygen is as much a food as meal, and plenty of air is needed to supply it. Carbonic acids and other impurities cast off by the lungs are poisonous, and must be gotten rid of. It is impossible for the cow to reach her maximum production, or long maintain it, in the absence of proper ventilation. It has been advised that an animal should have as many cubic feet of space as the number of pounds of live weight. Space, however, is not so essential as the frequency with which the air is changed. We know the stable is properly ventilated when we fail to detect any strong or disagreeable odors upon entering it, and when we find no moisture collected on the ceilings and walls. When windows are used the cold air enters the stable near the ceiling, drives the warm air out at the other side and the cold air near the floor is left undisturbed.

Feeding Idle Work Horses.—It is important to feed and handle idle work horses during the winter so that they will be ready for the spring work. A little judgment and care on the part of the feeder will insure a low feed cost and a thrifty condition of the horse. For roughage, bright oat straw and clean corn stover may replace at least one-half of the hay ordinarily fed. For an idle horse the amount of roughage may be increased slightly over the standard advised for a horse at work. Dr. H. H. Havner, in charge of livestock extension at the Pennsylvania State College school of agriculture and experiment station, recommends 13 to 15 pounds of a combination of 1 part mixed hay, 3 part bright oat straw and 1 part corn stover, for every 100 pounds live weight of horse daily. A small amount of grain will be needed to keep the body in proper thrift. Not more than one-half pound of grain per 100 pounds live weight of horse daily is needed in the case of an idle horse. The kind of grain will depend upon the price of feed in the particular locality. Oats, a standard grain feed for horses, would fit in with the roughage recommended. If corn is available it may be used to advantage with a smaller amount of oats or a level handful of oatmeal twice a day. Many horsemen value oatmeal as a part of the winter grain ration very highly. One-half to one pound of oatmeal per horse daily, is sufficient. It has a high protein content. It acts favorably upon the digestive tract and keeps the hair coat in condition.

Boston Brown Bread.—One cup each of whole wheat flour, cornmeal and white flour, sifted together. One cup molasses, one pint butter-milk. Turn into well-greased bread molds and steam three hours, being careful to have the lid fit tight. The water should come nearly to the top of the molds. One cup raisins, or currants, or any spices, may be added to taste. (If it is to be eaten with beans or other heavy foods, the fruit should be omitted.)

Whole Wheat Biscuit.—Add sufficient sweet milk to whole wheat flour to make a stiff dough, first mixing the flour with baking powder and salt, if any is used, a level tea-spoonful baking powder to every cup of flour. Drop onto a greased pan, the same as "drop cookies," and bake in a quick oven. These are delicious, especially if broken open and slightly toasted in the oven, and with milk or cream, alone, make a most satisfying meal.

WANTED.—To place in good homes for adoption, three boys about five years of age, two at ten and eleven and a baby boy at three months. Communicate with Mrs. J. T. Mitchell, Bellefonte, Pa.